

Senior Services at the Lexington Community Center May/June Newsletter



May/June 2017 Issue 403

Lexington Senior Services

39 Marrett Road

Lexington, MA 02421

781-698-4840

www.lexingtonma.gov



*Connecting the Lexington community for
greater health and well-being*

- ◆ Information
- ◆ Referral
- ◆ Limited Case Management
- ◆ SHINE
- ◆ Transportation
- ◆ Nutrition
- ◆ Programs/Activities
- ◆ Volunteer Opportunities

The Council on Aging Board

Betty Borghesani, Co-Chair * Julie Ann Shapiro, Co-Chair
Ellen Cameron, Vice-Chair * Marion Kilson, Secretary
Nancy Adler * Camille Goodwin * Sophia Ho
Gerry Howell * Harry Mackay * Rich McDonough
councilonaging@lexingtonma.gov

The COA Board meets monthly at the Community Center.

The next meetings are May 3rd and June 7th from
2:30pm.- 4:00pm. Working in collaboration with Human
Services staff, the COA advocates for Lexington seniors
and advises the Town Manager on policy issues.

The COA Board invites you to attend.

Congratulations to Kelly Axtell!

Lexington's New Assistant Town Manager

The Human Services Staff is pleased to announce that Kelly Axtell, former Assistant Director of Senior Services, has been appointed to the position of Assistant Town Manager. Kelly has been with the Town of Lexington Human Services Department for nearly 5 years, providing outreach and support to Lexington seniors and excellent customer service to all! In her new role, Kelly will be responsible for the operations and management of the Town Managers Office.



Letter from the FCOA

The Friends of the Lexington Council on Aging (FCOA) is a 501 3C nonprofit organization that's financed primarily by gifts from the generous citizens of our town. Its focus is to support the excellent programming provided by the Council on Aging (COA) and our outstanding Senior Services staff. Some of the programs supported financially by the FCOA:

- ◆ **LexConnect:** Along with the Dana Home Foundation, the FCOA provide a generous annual subsidy for Lex-Connect, the taxi program which enables nearly 500 seniors to get around town at reduced fares
- ◆ **O.W.L.L.:** The FCOA initiated and implements the highly popular O.W.L.L. classes.
- ◆ **Senior Trips, Lunches, Programs and Speakers:** The FCOA provides funds that are used to discount senior trips for Lexington residents, provide stipends and materials for special programs and speakers, and a 50% discount on special holiday luncheons
- ◆ **Community Center:** The FCOA donated over 50% of the cost for furnishings in the mansion/library part of the Community Center and purchased a variety of audio-visual equipment for OWLL courses & other programs.
- ◆ **Financial Aid:** The FCOA makes funding/subsidies available to Lexington seniors requesting financial aid for senior programs
- ◆ **Bright Ideas!** the FCOA has launched a "mini grant" program. We are looking for new programming ideas that the FCOA may be able to fund. Information about Bright Ideas can be found on the FCOA website at www.friendsoftheco.org

Human Services Staff

Phone 781-698-4840 Fax 781-863-2271
 Web Site Address- <http://www.lexingtonma.gov>
 Monday - Friday, 8:30 a.m.- 4:30 p.m.

Charlotte Rodgers, RN, MA, CCM Director
 Kristie Demirev, LICSW, Youth/Family Services
 Hemali Patel, LSW, Senior Services Coordinator
 Alicia Grunes, RN, BSN
 Paula McGlynn, Office Manager
 Gwen Jefferson, Administrative Clerk
 Michelle Kelleher, Administrative Clerk
 Gina Rada, Veterans Services Director
 Jeanette Rebecchi, Transportation Manager

781-698-4841
 781-698-4843
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 781-698-4847
 781-698-4845
 781-698-4846
 781-698-4822
 781-698-4848
 781-698-4821

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hpatel@lexingtonma.gov
agrunes@lexingtonma.gov
pmcglynn@lexingtonma.gov
gjefferson@lexingtonma.gov
mkelleher@lexingtonma.gov
grada@lexingtonma.gov
jrebecchi@lexingtonma.gov

Sign up for May/June Programs begins:
April 12th for Lexington Residents/April 26th for Non-Residents.
Sign up in person or by phone at 781-698-4870 starting at 8:30 a.m.

The Power of Nature: Family Caregiver Training

Tuesday, May 2nd from 9:15 a.m - 11 a.m.

Learn strategies for connecting loved ones with memory loss to the natural world to strengthen well-being and reduce stress. Registration: 9:15 am, Presentation: 9:30.
For more information or to register email:
training@nature-connection.org or call 978-369-2585.

Passport Around the World (12 sessions)

Tuesday, May 9th, 1:30 p.m.– 2:30 p.m. - Mexico
 Enjoy traditional Mexican music by Fiesta Del Norte Mariachi band.



MBTA Senior Charlie Card Sign-Up Event

Monday, May 15th from 9:00 a.m. – 11:00 a.m.

A Senior CharlieCard is available to anyone over the age of 65 and reduces the cost of travel on MBTA services by 50%. You will be asked to fill out a brief application and have your photo taken. **Bring picture ID with a birth date.**
More information on page 4. (no sign up needed)



Downsizing Seminar

Wednesday, May 17th from 1:30 –2:30 p.m.

This workshop is packed with a lot of useful information comparing pros and cons of home downsizing as downsizing can mean moving from a 10,000-square-foot mansion to a 2,000 square-foot house, or from a 1,200 square-foot condo to a 200 square-foot “tiny home.”



Spring Lunch

Tuesday, May 23rd at 11:45 a.m.

Enjoy ham, roasted potatoes, veggie and dessert.
Please sign up and pay \$5 by May 16th.



Passport Around the World (12 sessions)

Monday, June 12th from 10 a.m. - 11 a.m. England

Find out what life was like for folks living during the Renaissance era through an interview with a farmer living during the English Renaissance, also known as the Elizabethan era, or the time of William Shakespeare. He'll be prepared to discuss many different facets of life in 16th Century England.



Summer Lunch

Thursday, June 15th at 11:45 a.m.

Enjoy pasta primavera, garlic bread & dessert.
Please sign up and pay \$4 by June 8th.



Aging with Attitude

Friday, June 23rd at 10 a.m.

A fun, interactive and inspiring talk for seniors. Learn healthy habits, positive attitude and life review. Explore factors that contribute to ongoing health and vitality, learn how to prevent falls, stay safe with medications, create and maintain vitality and purpose to living and extend your stay in a retirement community.
Please sign up at 781-698-4870.



Remember to register for a Community Center membership. Non-residents pay a \$12 yearly fee.

Free Programs/Support Groups

Money Matters

A discussion group focused on financial topics.

Tuesdays 9:30 a.m. May 2 - June 27

World Affairs

A discussion group focused on important world issues & events.

Tuesdays 1:15 p.m. May 2 - June 27

Senator Donnelly

Tuesdays 10 a.m. May 16th & June 20th

Parkinson's Support Group

Facilitated by Alicia Grunes, RN, BSN but mainly led by the members. Ages range from 50's -80's, all at different stages of Parkinson's. Family members and caregivers are welcome to join their loved ones. Topics may include diet, medications, symptom management and coping mechanisms.

Tuesdays 1 p.m. May 23rd & June 27th

Jay Higgins from Katherine Clark's Office

Wednesdays 9:30 a.m. May 3rd & June 7th

Computer & Technology Group

Join us for presentations, demos and Q&A help on various computer topics. See our announcements and updates at <https://groups.yahoo.com/neo/group/LexingtonComputerGroup/info>

Wednesdays 10 a.m. May 3 - June 28

Caregivers Group

A support group for caregivers, caring for someone with memory impairment, looking for emotional and social support from peers.

Call Hemali at 781-698-4844 to sign up.

Thursdays 1 p.m. May 4 & June 1

Low Vision Group (at Brookhaven)

Meeting is held at the Clubroom. Park in the visitor parking area.

Thursdays 11 a.m. May 25th & June 29th

Current Events

Join us for a lively discussion about the week's news.

Fridays 1:15 p.m. May 5 - June 30

If you would like information about a support group not listed here please contact Alicia Grunes, RN, BSN at 781-698-4847 or by email at agrunes@lexingtonma.gov

Senior Drop in Programs:

Mah Jongg	Mondays	11a.m - 1p.m.
Bridge	Wednesdays	1p.m. - 3 p.m.
Bingo	Fridays	1p.m. - 3:30 p.m.

Trips

Maine Lobster Bake at Foster's

Friday, May 19th \$69 (residents) \$79 (NR)

You'll initially visit scenic Nubble Light and York Village, where you will have time to browse through the many boutiques or stroll along Ocean Drive, a spectacular coastal walkway. Then be ready to feast on delicious food at Fosters. The menu includes: New England Clam Chowder, Mussels & Maine Clams, Fresh Lobster w/ butter or BBQ Chicken, Sweet Corn-On-The-Cob, Roasted Red Bliss Potatoes & Onions, and Blueberry Crumb Cake. Foster's provides live musical entertainment during your stay. A gift shop is available too. After departing, you'll visit Stonewall Kitchen then you'll travel to Yummie's Candies, famous for their sweet confections.

Depart 9 a.m. (39 Marrett Rd.) Return 5:30 p.m.



Boston Tall Ships

Wednesday, June 21st

\$69 (residents) \$79 (NR)

Boston's history stretches beyond the land to the sea and its wealth of maritime history is the reason why only one American port, Boston, was selected for the 2017 Tall Ships Regatta. In 2017, the Tall Ships will once again parade into historic Boston Harbor and you'll be able to view them close up on a narrated sightseeing cruise. You'll actually view "Old Ironsides" and the many Tall Ships docked along the Boston harbor as you cruise from Commonwealth Pier. Your vessel, the Provincetown II, is equipped with food and beverage service as well as large decks to view the flotilla. Returning to dockside, you'll now be able to view the docked vessels at anchor. After a visit to Quincy Market and the beautiful Rose Kennedy Greenway, you'll return home.

Depart 8:30 a.m. (39 Marrett Rd.) Return 5 p.m.



Trip Policy/Sign Up:

Payment is required at sign-up for trips. You may sign up as soon as you receive your newsletter. Itinerary subject to change upon discretion of the tour guide.

Refunds:

- ◆ If insufficient enrollment causes a program to be cancelled, participants will receive a full refund.
- ◆ Participants who withdraw from a program 10 business days prior to the program will be eligible for a refund.

Veterans Services

The Lexington/Bedford Veterans Services Department provides information regarding federal, state and local resources and benefits for Veterans. Please call Gina Rada, District Director of Veterans Services at 781-698-4848.



Honor Flight New England

Honor Flight New England recognizes American veterans for your sacrifices and achievements by flying you to Washington, D.C. to see YOUR memorial at NO COST. Currently, top priority is given to World War II and terminally ill veterans from all wars. For more information or an application, call Gina Rada, District Director of Veterans Services, at (781) 698-4848.

Lexington Veterans Association

The Lexington Veterans' Association will present their monthly program on **Monday, May 8th at 1:15 P.M.**, in the lower level meeting room at Cary Memorial Library, 1875 Mass. Ave. The program entitled **"Is the American Era Over?"** Joseph S. Nye, Jr., Ph.D., Univ. Distinguished Service Professor, J. F. K. School of Government, Harvard University.

Monday, June 12th at 1:15 P.M., in the lower level meeting room at Cary Memorial Library, 1875 Mass. Ave. The program entitled **"PTSD and life after the Military: Common Experiences, Education, and Resources"** will be presented by Elizabeth C. Price LICSW, Program Mgr, Returning Service Members, Edith Nourse Rogers Memorial Veterans Hospital, Bedford, Mass. Ms. Price will be joined by two panelists.

Meetings are open and free to the public, come and enjoy coffee and refreshments along with friends and fellow veterans at 12:45 p.m. followed by our program at 1:15p.m. For more information about the Lexington Veterans Association visit our website at www.lexmavets.org

Transportation Services

MBTA Senior Charlie Card Sign-Up Event

Monday, May 15th from 9 a.m. - 11 a.m.

Avoid the trek downtown and apply for your MBTA Senior Charlie Card at the Lexington Community Center! A Senior Charlie Card is available to anyone over the age of 65 and reduces the cost of travel on MBTA services by upwards of 50%. You will be asked to fill out a brief application and have your photo taken. **Please also bring picture identification that includes a birth date.** There are no application or processing fees.

Existing Senior Charlie Card holders looking to renew a lost, damaged, or expired card can do so by simply calling the MBTA Charlie Card Store to request a new card be mailed at 617-222-3200 or 617-222-5854 (TTY). Individuals applying for a T.A.P. (disability) Charlie Card or a Blind Access Charlie Card can also participate in the event, however the application will need to be approved by the MBTA office. For more information about the event, call the Town of Lexington Transportation Services Division at 781-861-1210, or email transportation@lexingtonma.gov



Lexpress

Lexington's community bus service, runs Monday through Friday 6:35a.m.– 6:30p.m. Senior/disabled riders ride FREE on all routes between the hours of 9:00 a.m.- 2:00 p.m. For more information call Transportation Services at 781-698-4820.

Lex-Connect Taxi Voucher Program

Lex-Connect offers discounted taxi rides for Lexington seniors and persons with a disability. The program operates Monday - Friday from 9 a.m. to 5p.m. and Saturday/Sunday from 8 a.m. to 8 p.m. Vouchers are \$3 each for Lexington trips, and \$5 each for out-of-town trips. Participants are limited to 12 vouchers per month. You must apply in person to use the program. Pre-registration is required.

FISH

FREE rides to medical appointments to seniors provided by volunteer drivers. For more information or to schedule a ride call 781-861-9300.

Living Well

Nutrition Talks



Gut Health

Fridays, May 19th at 11a.m.

Come learn about why having a healthy gut improves overall health and which foods you can eat to help keep your gut healthy. **Sign up at 781-698-4870.**

The MIND Diet

Friday, June 16th at 11a.m.

Come learn about this scientific approach to enhancing brain function and helping prevent Alzheimer's disease and Dementia. **Sign up at 781-698-4870.**

Nutrition Consulting Services

Barbara Collins, RDN, LDN is available for **FREE** one-on-one nutrition consulting. **Contact Hemali Patel at 781-698-4844 to schedule an appointment.**

Lexington Memory Café

**May 17th & June 21st
from 9 a.m. - 11 a.m.**



Are you looking for a group of people that understands your needs as a caregiver or an individual struggling with dementia or Alzheimer's? This is NOT a support group but rather a social gathering of people to engage you and learn something new. Door-to-door transportation available by request.

For more information or to sign up please contact Abby Ferreira at 781-863-1166 x104.

Moving Easy: Parkinson's Tai Chi

**Mondays, May 15 - July 1, from 1:30-2:30pm
(no class 7/3)**



This is a specialized Tai Chi class adapted for people living with Parkinson's disease, Dystonia, and other movement disorders. *Moving Easy* provides a safe, stress-free, relaxing environment to work on balance, flexibility and fluidity. **Cost is \$96/8 wks. Call 781-698-4840.**

Look for 60+ Fitness Programs in the Town of Lexington's Recreation Brochure.



Podiatry

Thursday, May 11th & 18th

Thursday, June 8th & 15th

from 9:30 a.m. 12 p.m.

Dr. Edgar Mullin, Jr., D.P.M., provides 10 minute podiatry visits for trimming and filing **ONLY**. The cost of the visit is \$30 cash or check payable to the doctor.

If you need to cancel your visit, please give us at least 24 hours' notice so we can fill the time slot. Thank You!

To make an appointment please call the Community Center at 781-698-4840 starting April 12th at 8:30am (for residents) April 26th (for non-residents).

Meals-on-Wheels

(Minuteman Senior Services.) Home-delivered meals. For information call 781-272-7177.



SHINE

Counselors are available to help you with your health insurance. Call the Community Center at 781-698-4840 to make an appointment. SHINE counselors are provided by Minuteman Senior Services and available by appointment only on Mondays and Fridays.

Senior Health Outreach Program

This program is available to seniors who are home-bound and unable to easily access health screenings. The service includes regular home visits conducted by a registered nurse as well as consultation and home visits by a social worker if needed. For more information call Alicia at 781-698-4847.



Blood Pressure Clinics

1st Thursday of the month - **Community Center**
39 Marrett Road. 10 - 11 a.m.

3rd Thursday of the month - **ALL Villages**

Countryside Village - 10:00-10:30 a.m.

off Woburn St.- in Lexington Housing Authority Office Building/Meeting Room.


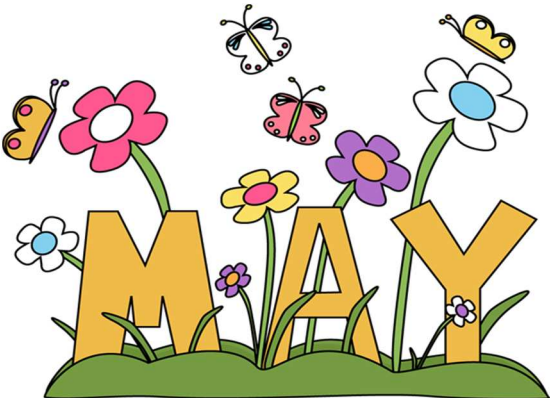
Greeley Village - 10:45- 11:15 a.m.

off Bedford St., turn in on Tewksbury St. or Shirley St. in the center building/meeting and laundry facilities.

Vynebrooke Village - 11:30a.m.-12:00 p.m.

off Waltham St.- in the center building



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 SHINE * 9:30 Windowpane 12:00 LexCafé \$ * 1:30 <i>Parkinson's Tai Chi</i> \$ * 1:45 ESL	2 9:00 Fix-It Shop 9:15 Power of Nat * 9:30 Money Matters 10:00 Windowpane 1:15 World Affairs	3 9:00 Fix-It Shop 9:00 Windowpane 9:30 J. Higgins 10:00 <i>Computer & Tech Group</i> 12:00 LexCafé \$ 2:30 COA Meeting	4 9:00 Fix-It Shop 10:00 Windowpane 10:00 <i>Blood Pressure Community Ctr.</i> 1:00 Caregivers *	5 9:30 Windowpane 10:00 SHINE * 12:00 LexCafé \$ * 1:15 Current Events
8 8:30 SHINE * 9:30 Windowpane 12:00 LexCafé \$ * 1:45 ESL	9 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 1:15 World Affairs 1:15 Movie 2:00 Passport	10 9:00 Fix-It Shop 9:00 Windowpane 10:00 <i>Computer & Tech Group</i> 12:00 LexCafé \$ *	11 9:00 Fix-It Shop 9:30 Podiatry \$ * 10:00 Windowpane	12 9:30 Windowpane 10:00 SHINE * 12:00 LexCafé \$ * 1:15 Current Events
15 8:30 SHINE 9:00 Charlie Card 9:30 Windowpane 12:00 LexCafé \$ * 1:30 <i>Parkinson's Tai Chi</i> \$ * 1:45 ESL	16 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 10:00 Sen. Donnelly 1:15 World Affairs	17 9:00 Fix-It Shop 9:00 Windowpane 9:00 Memory Café* 10:00 <i>Computer & Tech Group</i> 12:00 LexCafé\$ * 1:30 Downsizing *	18 9:00 Fix-It Shop 9:30 Podiatry \$ * 9:30 FCOA Mtg. 10:00 Windowpane	19 9:00 Maine Trip\$* 9:30 Windowpane 10:00 SHINE 11:00 Nutrition Talk* 12:00 <i>Lunch w/Town Manager</i> \$ * 1:15 Current Events
22 8:30 SHINE * 9:30 Windowpane 12:00 LexCafé \$ * 1:30 <i>Parkinson's Tai Chi</i> \$ * 1:45 ESL	23 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 11:45 Spring Lunch\$ 1:00 Parkinson's* 1:15 World Affairs 1:15 Movie	24 9:00 Fix-It Shop 9:00 Windowpane 10:00 <i>Computer & Tech Group</i> 12:00 LexCafé \$ *	25 9:00 Fix-It Shop 10:00 Windowpane	26 9:30 Windowpane 10:00 SHINE * 12:00 LexCafé \$ * 1:15 Current Events
29 CLOSED MEMORIAL DAY  <i>* Registration Required</i>	30 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 1:00 Parkinson's* 1:15 World Affairs	31 9:00 Fix-It Shop 9:00 Windowpane 10:00 <i>Computer & Tech Group</i> 12:00 LexCafé \$ *		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Fix-It Shop 10:00 <i>Blood Pressure Community Ctr.</i> 10:00 Windowpane 1:00 Caregivers *	2 9:30 Windowpane 10:00 SHINE * 12:00 LexCafé \$ * 1:15 Current Events
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12 8:30 SHINE * 9:30 Windowpane 10:00 Passport 12:00 LexCafé \$ * 1:30 <i>Parkinson's Tai Chi</i> \$ *	13 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 1:15 World Affairs	14 9:00 Fix-It Shop 9:00 Windowpane 10:00 <i>Computer & Tech Group</i> 12:00 LexCafé \$ *	15 9:00 Fix-It Shop 9:30 Podiatry \$ * 9:30 FCOA Meeting 10:00 Windowpane 11:45 Summer Lunch \$ *	16 9:30 Windowpane 10:00 SHINE * 11:00 Nutrition Talk* 12:00 <i>Lunch w/Town Manager</i> \$ * 1:15 Current Events
19 8:30 SHINE * 9:30 Windowpane 12:00 LexCafé \$ * 1:30 <i>Parkinson's Tai Chi</i> \$ *	20 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 10:00 Sen. Donnelly 1:15 World Affairs 1:15 Movie	21 8:30 Tall Ships \$ * 9:00 Fix-It Shop 9:00 Memory Café* 9:00 Windowpane 10:00 <i>Computer & Tech Group</i> 12:00 LexCafé \$ *	22 9:00 Fix-It-Shop 10:00 Windowpane	23 9:30 Windowpane 10:00 SHINE * 10:00 Aging w/ Attitude 12:00 LexCafé \$ * 1:15 Current Events
26 8:30 SHINE 9:30 Windowpane 12:00 LexCafé \$ * 1:30 <i>Parkinson's Tai Chi</i> \$ *	27 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 1:00 Parkinson's* 1:15 World Affairs	28 9:00 Fix-It Shop 9:00 Windowpane 10:00 <i>Computer & Tech Group</i> 12:00 LexCafé \$ *	29 9:00 Fix-It Shop 10:00 Windowpane	30 9:30 Windowpane 10:00 SHINE * 12:00 LexCafé \$ * 1:15 Current Events
* Registration Required				

Community News



May 13 – 21

Visit our website for a calendar of FREE events including guided bike rides, walking tours, educational programs for kids and more!

What a glorious morning to leave your car at home!

www.LexBikeWalkBusWeek.org

Senior Sneaker Walk at Hayden Woods

Tuesday, May 16th from 10:00-11:30am:



Join us on this leisurely walk as we explore the historic and scenic byways of Hayden Woods. During our travels we will walk one of the oldest colonial roads in the Commonwealth, take a side trip a short distance off trail to marvel at an unusual example of colonial stone masonry, and visit one of the most perfectly sited stone benches in town. Walking will be on well-graded woods trails with one short steep section and the usual occasional rocks and roots under foot. Sneakers are fine. Don't forget your walking sticks if you rely on them for balance.

Meet at the rear of 45 Hayden Avenue in the third parking lot on your left opposite the signed Conservation trail entrance.

Walk Leader: Keith Ohmart (781-862-6216,

kohmart@verizon.net

Munroe Art Span Classes:

Flower Arranging with Kathy Leva

June 6th - June 27th

4 Tuesdays, from 10 a.m. to 12 p.m.



Course Code: s17sapfa. Class cost is \$80 and you get to take home 4 flower arrangements. Class cost includes the price for all flowers and materials. Come learn the fine art of flower arranging. Each week, create a beautiful fresh flower arrangement from floral materials provided in class—an arrangement you will take home with you. A wide variety of flowers will be used and discussed. Please bring floral stem cutters, or any cutter (such as scissors), and a box or bucket to take your arrangement home.

Students may register in person at ArtSpan, 1403 Mass Ave. or by phone by calling ArtSpan at 781-862-6040 to reserve a spot using a credit card.

FCOA Annual Meeting

June 15th at 9:30am

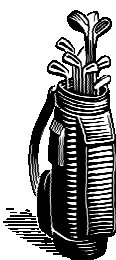
at the Community Center

All Donors to our 2016-2017 Annual fund are eligible to vote on officers and bylaw changes.

Light refreshments will be served.

Senior Golf: Mondays & Thursdays at Pine Meadow Golf Course at 8:30 a.m.

Experienced senior golfers are invited to these two weekly morning events. For more information contact John Demoy at 781-861-7843.



Lexington Farmers Market Opening in May

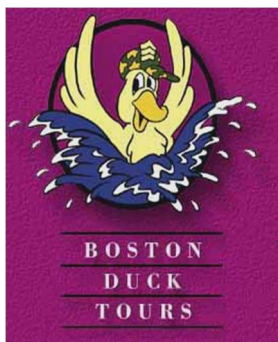
Tuesdays, from 2 to 6:30 p.m.



The market is on the corner of Woburn Street and Mass. Ave. in Lexington Center. It features locally grown produce, baked goods and other prepared foods and artisan tents. Admission is free. For more information and to subscribe to the newsletter visit www.lexingtonfarmersmarket.org

Community News

Save the Date



Boston Duck Tours
Monday, August 21st

**\$150 for grandparent/
grandchild (seniors 60+ and
grandchild 5 and over)**
\$79 (residents)
\$89 (NR)

On arrival you will tour the Boston Common and view the beautiful Public Gardens. A full course luncheon is included at Boston's famous 'No Name' Restaurant, located right on the Fish Pier. Choice of entrée: Broiled swordfish, haddock, chicken, salmon & more. You'll see fishing vessels bringing in their catch! Then you'll take a narrated tour on one of the famous Boston Ducks, amphibious vehicles formerly used by the U.S. Army. Your narrator will point out all the Boston sights and you'll actually take a plunge into the Charles River for a brief cruise.

Depart 9 a.m. (39 Marrett Rd.) Return 5:30 p.m.

Payment is required at time of sign-up. Please contact Lexington Senior Services at 781-698-4840 for more information.

Outreach

Home Modification Loan Program



Did you know that you (as a homeowner) may be in a position to improve safety in your home through a zero interest loan through the Massachusetts Rehab Commission? There are no age requirements.

The **Home Modification Loan Program** offered by the Massachusetts Rehabilitation Commission (MRC) offers 0% and 3% loans (up to \$30,000) to help Massachusetts homeowners make modifications to stay at home.

Loans can help finance projects such as:

- ◆ Ramps
- ◆ Stair lifts and wheelchair lifts
- ◆ Kitchen and bathroom adaptations
- ◆ Home security, hard-wired alarm systems, safety windows, and fences

With generous income guidelines, approximately 95% of borrowers qualify for a 0% loan with no monthly payments. Repayment is required when the home is sold or transferred.

For more information, visit: www.cedac.org/hmlp or call **Susan Gillam at 1-866-500-5599.**

Senior Services Movies Tuesdays at 1:15 p.m.



The Girl on the Train - May 9

Thriller, Drama, R (112 min.)

The Light Between Oceans - May 23

Drama, PG-13 (133 min.)

Manchester By the Sea - June 6

Drama, R (135 min.)

Hacksaw Ridge - June 20

Military & War Drama, R (131 min.)

Friend to Friend Program



The Friend-to-Friend Program, sponsored by the Lexington Human Services Department, provides assistance to homebound seniors within the Lexington community. Volunteers are paired with seniors to enhance a senior's social interaction and improve their quality of life. The Friend-to-Friend program provides an opportunity for socialization, and allows volunteers to feel increased connection to the Lexington community. If you are a senior, or know of a senior, who could benefit from this program, please contact Alicia Grunes, RN, Human Services Nurse at 781-698-4847 or agrunes@lexingtonma.gov.



O.W.L.L. Courses for Older, Wiser, Lifelong Learners



OWLL's Spring 2017 Semester (Sponsored by the COA and FCOA)

The OWLL program looks ahead to another successful semester. This semester's courses are almost full. We encourage you to register for the remaining openings in the following courses: Aspects of Wisdom, Poetry Writing: Getting it Said, and The Music of American Places.

OWLL PROGRAM PREVIEW: *THE MUSIC OF AMERICAN PLACES*

Have you ever wondered about the relationship between places and their music? How and why do certain landscapes inspire musical imaginations? If so, you will be interested in a new OWLL course, *The Music of American Places* which begins in mid-May at the Lexington Community Center. Now in its fourth year, the OWLL Program is co-sponsored by the Council on Aging and the Friends of the Council on Aging.

Margaret Ulmer, a pianist who specializes in American music, will teach the course. Ms. Ulmer is a recitalist and collaborative pianist. She is a co-founder and producing director of *American Classics*, the concert series based in Cambridge, Massachusetts which often performs at Lexington's Follen Church.

Talking about her course, Ms. Ulmer says, "America's landscapes are often as vivid in our musical imaginations as they are on the map and on the ground. We'll listen and learn how and why, for more than 300 years, Americans have performed their songs of work and fun, joy and sorrow, in good times and hard times, with humor, a sense of adventure, and patriotism. Composers also inspired, have re-imagined these songs instrumentally. The variety is astonishing: Shaker music of the Northeast, sea chanties and a Sousa march inspired by the Atlantic seacoast, music of the great rivers in the Deep South, the sad sagas of Appalachia, ragtime from the Missouri Valley and the Great Plains, folk songs, war songs, and elegies from the West." Such music reinvigorates our sense of place. *The Music of American Places* will include recorded musical examples as well as live musical performances.

The course begins on Thursday, May 18, 2:00-3:30pm at the Community Center and continues on the following four Thursday afternoons. Course registration is through the Lexington Community Center. **The fee is \$25. For further information, email owl.fcoa@gmail.com or call the Community Center at 781-698-4870.**

Announcing OWLL's Fall Semester Offerings!

The Poetry of Pablo Naruda

Astronomy: Windows into the Worlds Above Us

The American Experience in World War I

Antony and Cleopatra

Musical Trio: Clara, Robert Schumann, and Johannes Brahms

Dance Around the World

American Transcendentalism

Community News

Invites *Brookhaven, Carleton-Willard, Lexington at Home, and All Lexington Seniors* for a Conversation with

Koren Stembridge
Director, Cary Memorial Library

Cathie Ghorbani
Head of Reference & Adult Services
Heather Vandermillen,
Reference Librarian & Door-to-Door Coordinator
Emily Smith
Assistant Director, Head of Information Technology

Friday, May 12th – 2 to 3:30 p.m.

Brief Presentation
Followed by Questions and Discussion

~ Light refreshments ~

Large Meeting Room, Lower Level, Cary Memorial Library
1874 Massachusetts Avenue, Lexington

Kindly R.S.V.P. to Kat at 781.698.4405 or cmlfoundation@caryllibrary.org



Cary Library & You

~ Meeting your library needs & interests ~

- ♦ **Changes to Cary and how they affect you.**
- ♦ **What do most seniors use at Cary, and what can you still learn...**
- ♦ **24/7 resources - optimizing your use of digital and online resources.**
- ♦ **Door-to-Door deliveries & services through Perkins.**

Lexington Human/Senior Services
Lexington Community Center
39 Marrett Road
Lexington, MA 02421

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The Town of Lexington Department of Human Services

Visit our website at <http://www.lexingtonma.gov>

Newsletter

The Senior Services newsletter will be sent out automatically by mail to Lexington residents age 60 and over. For others who wish to receive the newsletter, it can be picked up at Town Hall, Cary Library and the Community Center. If you would like to receive the newsletter electronically, please sign up at www.lexingtonma.gov/email

Lex Café - Senior Dining (age 60 plus)

Lunch: Monday, Wednesday and Friday, 12:00 p.m. To make a reservation or cancellation please call Despina at 781-698-4850 by 10 a.m. the previous day. Weekly menus can be found at the Community Center. Suggested donation is \$3. Menus are subject to change. Deluxe meal site is coordinated by Minuteman Senior Services. Brookhaven at Lexington has been contracted to provide meals.

Lunch with Town Manager– Carl Valente

Friday, May 19th and June 16th from 12 p.m.– 1p.m.

Carl encourages seniors to bring any questions and concerns to him at this time.

The Friends of the Council on Aging (FCOA)

Jane Trudeau, President * Suzanne Caton * Laura Derby * Dan Fenn * Marie Hill * Janice Kennedy
Mickey Khazam * Lorain Marquis * Susan O'Keefe * Elaine Smith * Carol Snell * Shirley Stolz * Chris Worcester

The "Friends" are a non-profit organization that provides advocacy and monetary support for senior programs, trips, special meals and services. They meet at the Community Center at 9:30 a.m. on the 3rd Thursday of every month.

Please join us! For more information please visit our new website at <http://www.friendsoftheco.org>

If you would like to make a donation to the FCOA, you will find donation envelopes at the Community Center.

Mail to P.O. Box 344, Lexington, MA. 02420.

Fix It Shop

Open Tuesday, Wednesday & Thursday
from 9:00 a.m. to Noon



The Fix it Shop has limited space and we ask that you bring in only **ONE small item** at a time for repair. Please remember to pick up your repaired item promptly!

The Fix it Shop is looking for one or two people with electronic or furniture repair experience. If you are interested please call Paula McGlynn at 781-698-4845.

Windowpane Shop

Open Monday & Friday, 9:30 a.m. – 2 p.m., Wednesdays,
9 a.m.- 1 p.m. and Tuesday & Thursday, 10 a.m.– 2 p.m.

Accepting small donations of clean, like-new
SEASONAL clothing, jewelry and small gift items
Monday & Friday only.

